## DEPARTMENT OF PUBLIC HEALTH

**COUNTY OF SAN BERNARDINO** 



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FOR IMMEDIATE RELEASE

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## Spring Forward In Celebrating Asthma Awareness Month!

San Bernardino: As spring arrives, many look forward with excitement to warmer weather. flower blossoms, and more hours of daylight. Though many enjoy these signs of the spring season, it brings frustration, pain, sickness and the possibility of death to those suffering with asthma. The San Bernardino County Department of Public Health, Coordinated Asthma Referral and Education (CARE) Program wants to bring awareness this May. Asthma Awareness Month that uncontrolled asthma does not have to be a reality during the spring season.

Asthma is one of the most common serious chronic diseases in San Bernardino County, particularly among children. San Bernardino County has one of the highest numbers of children diagnosed with asthma in the state. Additionally, asthma is a leading cause of school absenteeism, hospital emergency department visits and hospitalizations of children.

The CARE Program, which began in 2006, helps asthmatic families and patients obtain education and skills on how to properly manage their symptoms and disease. Additionally, the program provides free home assessments and health education, asthma management and supplies for children under 18 who have asthma.

Since asthma is a chronic disease condition that cannot be cured, life-long management skills will help patients and their families live a healthy and active life, which in turn leads to less emergency department visits, hospitalizations, absenteeism, and death rates.

For more information about the CARE Program and for additional asthma referral information in San Bernardino County, please call 1(800) 782-4264 or visit our website at http://www.sbcounty.gov/dph.

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